

## St. James Senior Center

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Bus Lines: 22, 23, 64, 66, 72, 73, 82, 180, 304, and

Light Rail - St. James Station

Types of Programs: Fee class, rental, senior programs, senior nutrition, and special events.

Programs are designed for those age 50+ unless otherwise noted.

St James Senior Center offers a detailed monthly activity guide listing all programs and services and includes the nutrition menu. This guide can be obtained by visiting the center. Please refer to page 8 for additional information regarding citywide aging services offered through the Office on Aging.

### Senior Nutrition

#### Nutrition Reservations

\$2

The Nutrition Program provides tasty and nutritious hot meals for seniors over 60 years of age. This is a great time to socialize with friends and family as well as meet new friends. Lunch is served Monday through Friday at 12:00 noon and Saturday at 11:30am - please check the detailed monthly activity guide for the daily menu. Each meal provides one-third of the Recommended Daily Allowance for seniors. Occasional workshops are provided on a variety of topics. The suggested donation for seniors 60+ is \$2.00 and the guest fee for individuals under 60 is \$5.00. Lunch cards are available for \$40 and is good for 21 meals - it's like getting one free! The lunch card can be used at any nutrition site and does not expire until all 21 meals have been used. NOTE: Reservations are not required, but please sign up one-half hour prior to lunch time.

### Advisory Council

Advisory Council is a group of volunteers who are responsible for providing input to the center staff on programs and senior issues. If you have ideas on how to improve programs and services at our center, please join us! The St James Senior Advisory Council meets monthly on the second Monday of the month at 1:00pm.

### Senior Services

#### Senior Adult Legal Assistance

Free

Free legal advice for adults 60 years of age or older who are residents of Santa Clara County. Half-hour consultations on problems in the areas of Social Security, Supplemental Security Income, Medicare, Medi-Cal, in-home supportive services, elder abuse, housing, and long-term care insurance. SALA is at the Center the first and third Friday of each month from 9:30 to 11:30am. Please make an appointment by calling the Center.

#### Health Insurance Counseling

Free

The Health Insurance Counseling and Advocacy Program promotes awareness and education regarding health insurance issues on Medicare, Medi-Cal, supplemental insurance as well as long-term care insurance. Trained Volunteers from HICAP are at the Center the second and fourth Thursday of each month. Please make an appointment by calling the Center.

#### Flash Pass

\$17.50

Monthly Flash Passes to ride county transit buses are available for those 65 years of age and older or disabled. You will receive a monthly sticker to attach to your VTA photo ID card.

#### BART Tickets

\$4

BART tickets are \$4 but good for \$16 worth of rides. Tickets are available for those 65 years of age and older.

### Senior Drop-in Activities

#### Ballroom Dance

Monday – Friday 1-3pm

#### Bridge

Tuesdays • 9am-12pm / Fridays • 9am-12pm  
Room 7

#### Billiards

Daily • 9am-4pm  
Room 2

#### Chinese Opera

Mondays-Wednesdays • 9am-3pm / Fridays • 9am-12pm  
Room 4

#### Chinese Chess/Mah Jong

Daily • 9am-4pm  
Room 3

#### Chinese Brush Painting/Calligraphy

#### Chinese Choir

Tuesdays 10:30-11:30am

#### Chinese Sword Dance

Thursday 1-2pm

#### Citizenship for Chinese Speakers-Self Help

Mondays • 9-11am  
Room 6

#### Coffee/TV Lounge

Daily • 9am-4pm  
Room 1

#### Computer Lab

Mondays-Fridays • 9am-4pm  
Back Office



## ST. JAMES SENIOR CENTER

### English for Chinese Speakers-Self Help

Thursdays • 9-11am  
Room 6

### Haircuts

Monday, Thursday, and Saturday

### Jammin' at St. James

Monday 10am-12pm

### Jazzercise

Thursday 2-3pm

### Karaoke

Thursdays • 1-3pm  
Room 4

### Table Tennis

Tuesdays, Wednesdays, Fridays • 9am-4pm  
Room 5  
Saturdays • 10am-2pm  
Room 5

### Social Dance Lessons

Mondays • 10:30am-12pm  
Room 5

### Tai Chi-Chinese

Wednesday 9-10am

**Would you like  
the Citywide  
Activity Guide  
mailed to  
your home?**

The subscription fee  
for 1-year delivery is \$10.  
Sign up on the  
registration form.



### Senior Special Events

#### Lunar New Year

Saturday 1/24  
11am-3pm  
Vietnamese Cultural Club Celebration

#### St.James Flea Market

**\$10 (per space)**

Saturday 1/24 (Weather Permitting)  
9am-2pm  
Free to the public

#### Lunar New Year

Friday 2/6  
11am-3pm  
Chinese Cultural Club Celebration- Box Lunch, Entertainment, & Dance

#### St.Valentine Day Dance

**Free**

Wednesday 2/11  
1-3pm  
Social Dance, Longtime Sweethearts And Newest Sweethearts

#### Mardi Gras

**\$2**

Wednesday 2/25  
11-12:30pm  
Entertainment & Special Lunch

#### Mardi Gras Dance

**\$1**

Wednesday 2/25  
1-3pm

#### St.James Flea Market

**\$10 (per space)**

Saturday 2/28 (Weather Permitting)  
9am-2pm  
Free to the public

#### St. Patrick's Day Dance

**\$1**

Wednesday 3/17  
1-3pm  
Social Dance- Be sure to wear "Green"

#### Spring Flower Planting

**Free**

Monday 3/22  
All Day Event  
Beautifying the Senior Center

#### St.James Flea Market

**\$10 (per space)**

Saturday 3/27 (Weather Permitting)  
9am-2pm  
Free to the public

*Our Mission: To support the livability of neighborhoods, offer opportunities for individuals to enjoy life and strengthen communities of people.*